YOUR LOCAL INFORMATIVE BI-MONTHLY GUIDE

www.bystandermagazines.co.uk

ISSUE 103 MAY/JUNE 2019

DUNMOW & DISTRICT BYSTANDER NOW BI-MONTHLY

TO GREAT DUNMOW, LITTLE
DUNMOW, LITTLE DUNMOW, LITTLE
DUNMOW, LITTLE CANFIELD,
FELSTED, STEBBING, BARNSTON,
GREAT EASTON, LITTLE EASTON
AND NOW ALSO TO THAXTED,
GREAT BARDFIELD, FINCHINGFIELD,
GREAT SALING & LINDSELL



A BLOW DRY AT HUNTERS HAIR SPECIALISTS IN THEIR NEW VENUE

NIKKI'S FASHION FIX: FABULOUS SUMMER TRENDS

RECIPE: SPINACH & STILTON BREAD PUDDING

MINDLIFE MUSINGS: LIFE'S TOO SHORT TO GIVE

YOURSELF A HARD TIME

LUCY'S GARDEN TALK

AND MUCH MUCH MORE!

THAXTED

FAYRE

FUN DOG SHOW

Saturday 1 June 11am - 4pm

- Live Performances
- Over 40 stalls
- Fun Fairground Games
- Bouncy Castles
- Facepainting
- Pet a Pony
- GO Karts
- Bumper Raffle
- Thaxted Fire Service
- Food vendors
- Sweet Treats
- Prosecco Bar
- Bar Tent
- ♥ and more...



Recreation Ground Newbiggin Street Thaxted CM6 2QT

Visit our website for more info www.thaxtedfayretrust.com



Our Show Ring:

- * Belly Dancers
- * Dunmow Majorettes
- * Jenny Jones Dance
- * Leyla S
- * Steel Band
- * Sting Performing Arts
- * Thaxted Karate Club
- * and more...





For all your MOBILITY & DAILY LIVING AIDS



OPEN: MONDAY - FRIDAY 9:30am - 5:00pm & SATURDAY 9:30am - 4:00pm CLOSED: THURSDAY AND SUNDAY

Your local Cosyfeet stockist

3 Angel Lane, Great Dunmow, CM6 1AQ 01371 873823 • www.leavalleymobility.co.uk Editor: Katherine Phillips: T: 01371 873592 , M: 07958 614962, E: katherine@villagebystander.com, Financial Editor: Julie Tose, julie@villagebystander.com

LETTER FROM THE EDITOR:

Welcome to our early summer edition. This month I was invited to have a blow dry at the newly located hair salon, Hunters Hair Specialists. I was certainly impressed! Read all about this on page 12.

If you fancy trying something different in the kitchen we have a wonderfully fresh recipe for spinach and stilton bread Pudding. Do read Jen's "Mindful Musings" this month for a really personal, brave and thought provoking article.

If you are thinking of updating your summer wardrobe for the summer season turn to Nikki's Fashion Fix as she talks about some fabulous summer trends. And stylist, Ruth, shares some tips on dressing for Chelsea Flower Show if you are lucky enough to be going!

Have a great couple of months. See you in July.

Katherine

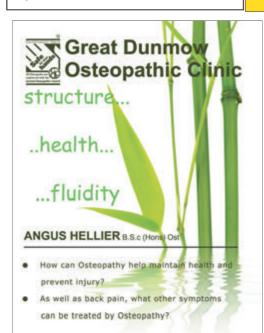
MAY/JUNE CONTENTS

p.4
p.6
p.8
p.9
p.10
p.12
p.16
p.18
p.20
p.21
p.22

www.bystandermagazines.co.uk

Contributors:

Nikki Anthony, Ruth Essex, Jen Miles-Davies, Lucy Myers, Mark Osborne



Tel: 01371 875217

www.angushellier.co.uk



CLARINS



An exclusive collaboration with

FROW

Take home a beautiful beach bag designed by InTheFrow along with 3 of your favourite holiday essentials worth £57°.

Available 5th-18th May at:



25 High Street, Great Dunmow, Essex, CM6 1AB 2. 01371 873 079 w. www.scarlettandstone.com

Yours when you purchase two Cliens products, one to be skin care. These on average retail value of standard are products. A choice of 3 officers products per customer while stocks last.

Recipe: Spinach and Stilton Bread Pudding

This savoury version of the classic dessert makes a delicious and filling main course.

225 ml Milk

1 Bay Leaf

1 Clove of Garlic, chopped

2 Cloves

Pinch of Ground Nutmea

300g White Bread, crust removed

1 small Onion, finely chopped

1 Egg

1 Egg White

100g Spinach

100g Colston Basset Stilton

20g Butter

Salt and Pepper



To begin, pre-heat the oven to 160°C. Then place the milk, onion, garlic,

bay leaf, cloves and nutmeg into a large saucepan. Bring to the boil (without letting the milk boil over) and then reduce to a simmer. After 5 minutes, take off the hob and fold in the diced white bread. Whisk up the egg and add to the mixture followed by the egg white. Mix together thoroughly, then add the Stilton. Once the cheese has melted into the mixture, fold in the spinach. Season well with Salt and Pepper.

Line a suitable baking dish with greaseproof paper and brush with a little melted butter. Pour in the mixture and smooth out with the back of a spoon.

Place in the pre heated oven for around 30 minutes and check with a knife. If the knife comes out clean, the pudding is cooked. If not, pop it back in the oven for another five minutes.

Serve with your choice of green vegetables and roasted nuts - delicious and nutritious!

Mark Osborne







DUNMOW BOWLING CLUB

(St Edmunds Lane, CM6 3AT – Opposite Cricket Ground)

OPEN DAY SATURDAY 19th MAY 10am to 4pm

Or at any time by arrangement with the Club Secretary – contact details below

WE ARE A VERY FRIENDLY MIXED CLUB COME ALONG AND HAVE A GO CLUB COACHES ON HAND

12 YEAR OLDS AND UPWARDS (no upper age limit) Boys, Girls, Men, Women – All welcome

- > FLAT SOLED SHOES PLEASE
- LIGHT REFRESHMENTS
- > AMPLE PARKING
- > FREE COACHING NO COMMITMENT

Contact: Club Secretary Linda White 07779 939166 lindalawhite@hotmal.com

MINDLIFE MUSINGS: "Life's too short to give yourself such a hard time" - Marco Pianelli (a wise old friend) By Jennifer Miles Davis

As part of my job with Mind in West Essex I am a Time to Change Champion. Time to Change is a national campaign with the purpose of reducing stigma and raising awareness about mental health problems – they're the people behind the "Be in your mate's corner – #asktwice" slogan and ads (one of which is where a guy is stuck under a tree but insists he's fine until his mate asks twice). The point of it is to get people to look out for each other and to make the whole mental health thing no big deal. Unfortunately the stigma people experience is often worse than the illness itself. So, as a Time to Change Champion, I encourage people to be open about mental health issues, breezily suggesting that they just chat about it as if it's an everyday thing. Just mention it in passing at the gym or in the pub! I advise. Easy peasy.

But then I found out that it's not so easy when you're in the depths of it yourself. The very nature of depression is that you feel awful about feeling awful. During a recent bout, I hated myself for letting something insignificant (someone I thought was a friend criticised me harshly) affect me so dramatically. Why am I awake all night thinking about one stupid thing? And how did I allow that to affect the next day and in fact my entire week? I felt pathetic. The post-crying/lack of sleep headaches kicked in. I was exhausted and I struggled to achieve the simplest of tasks. I'd slipped into the classic depressive cycle: negative, paranoid thoughts (omg they said those horrible things I wonder who else thinks that about me?) = physical affects (crying/not sleeping/headaches) = inability to do normal stuff (shall we just get takeaway?) = more negative thoughts (I'm just so inadequate and rubbish), and so on. I was embarrassed at having to confess to my children that I was a bit of a mess. And I discovered that the last thing you want to do when you're feeling like that is to tell anyone.

But at 5am after another night of not sleeping, ruminating and lots of angry crying, I drafted a Facebook post, not fully intending to send it. But somewhere in the back of my mind a little voice reminded me that this is what I tell people to do all the time! How hypocritical of me to hide my own depression! I didn't want to tell a soul, but a part of me wanted everyone to know. I needed support but I didn't want to ask for it. Then I thought, it's five in the morning, no one will notice it anyway. I posted it and must have felt some sense of release because I slept for two hours.

What happened next was totally unexpected and very surreal. In total I received over 60 comments (nice ones!) and I had over 20 conversations via wotsapp, text and messenger as well as by phone and in person. Two of my neighbours brought me flowers. My friend in Australia sent flowers and chocolates (at which point my daughter said I should do it more often). I had genuine offers of chats, walks, visits and cups of tea. People said crazily nice things and lots opened up about their own experiences. Whenever I went out someone would give me a hug. The whole thing was utterly astounding and overwhelming and humbling and just lovely.

So that's what happened when I decided to tell the world how I was feeling. True story, And I'd recommend it. There are lots of lovely people hiding out there, and most of them know how you feel. Also, the kids were amazing, and just got on with what they were doing, in a no big deal, this is just normal (honestly we're happy with takeaway), kind of way. Which is exactly how it should be.

TAME THE MIND FEED THE MIND

Delivered by Ade Jevans

Saturday 27th April 2019 9.30am – 12.30pm The Hub, Dunmow £35 understanding now your mind works can help you improve how to better control it. So instead of it chattering away and you not achieving what you desire, you begin to learn how to master it. Along with the importance of diet on the brain, these combined workshops will help you be a master of your own mind.

To request a booking form, or for further information, please contact cpdevents@mindinwestessex.org.uk or visit our website www.mindinwestessex.org.uk.

Registered Charity no: 1091154



Wardrobe of Dunmow

Badoo Fee G Vilagallo Bariloche Jackets Peter Kaiser Joseph Ribhoff Salsa Jeans Marc Aurel



Masai Unisa

20 High Street, Great Dunmow, Essex CM6 1AH 01371 879862 hello@wardrobe-uk.com www.wardrobe-uk.com

NIKKI'S FASHION FIX: Fabulous Summer Trends

Let's hope that May brings some warmer weather; after such a mild winter it's rather disappointing that the sun hasn't been shining. Having changed my wardrobe over a few weeks ago, I'm really keen to start wearing some new bits.

The trends for summer are fabulous. We are going to see lots of shorts, cropped trousers and 7/8 ankle grazers. If you are conscious about wearing shorts its always good to give your legs a light fake tan. Go for black or navy as they don't stand out as much and you can then add a nice bright top into the mix. The 7/8 trousers are very flattering and will make your legs appear longer and give a great slim line shape.

Lots of ladies worry about slowing their knees but as we always tell customers, people don't tend to walk around looking at your knees. Wear your shorts/crops with confidence and you'll look great. Once the sun's out there is nothing better!

Wardrobe of Dunmow 20 High Street, Great Dunmow 01371 879862, www.wardrobe-uk.com



Heating Engineer

Servicing

Repairs

Installations

Call Malcolm May, Gas Engineer

07903 828906



For all Gas and Plumbing work

POP CONNECT NETWORKING



JOIN OUR INCREDIBLE NETWORKING COMMUNITY www.popconnect.net



Garden Talk by Lucy Myers

May and June are definitely my favourite months. For someone who loves nature and plants it's a yearly treat to see our gardens bursting with new growth and the countryside green and lush. I have always tried to grow plants that bugs and bees love but this year I'm going to pay more attention to the need to supply food for pollinating insects. Since March the bees have been feeding on the weeds in my lawn! I just had to leave them there

The Buddleia, also known as the Butterfly bush is a favoured nectar source for butterflies as well as other pollinators such as moths, hoverflies and bees. And there are smaller ones you can buy now that just grow about a metre tall and won't take over your garden. Look for ones in 'Buzz' series and you will find them in bright pinks as well as the mauves and purples.

You may also want to grow Verbena bonariensis which flowers for months with

purple pom pom flowers on tall thin stems. The insects adore it as well, of course, as lavender and catmint. Herbs are real favourites for insects and will thrive best in a sunny place. Try some Thyme if you haven't got a lot of space and you can use it in cooking too.



Plants with single flowers, rather than blowsy doubles, are easier access for insects and it is good to have a selection of plants that flower throughout all the seasons.

Enjoy your garden this spring.

Lucy Myers, www.myersgardens.co.uk









Pure Health & Beauty. Unit 1, Ongar Rd Trd Est, Gt Dunmow, Essex.

CM6 1EU

Over the past few years I have helped my clients achieve their goals through exercise, nutritional advice and this amazing treatment!!!!!

Single Body Treatment £80.00 Course of 4 Treatments £280.00

Course of 8 Treatments £520.00

The Alternative to Liposuction, creating Inch Loss, Body Contouring and Skin Tightening all in one treatment.

For more information or to book course of treatments, please call the number below.







Synergy is Caci's latest machine offering advanced facial toning combined with S.P.E.D Technology (LED therapy and microcurrent) for enhanced skin treatment results.

Also introducing Eye Revive for puffiness, dark circles, lines & wrinkles around the eye area, and Jowl Lift designed to target the muscles of the jawline are now available at the salon.

12 for the price 10 Advanced non-surgical facial treatments For more information about these treatments please visit

the website or call: 01371 875525

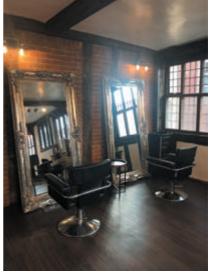
Website: www.purehealthandbeauty.org

A Blow Dry at Hunters Hair Specialists at their new location!

This month I was invited to come and see the newly relocated Hunters Hair. Salon owner, Jill Hunter told me they relocated the salon on 18th March but didn't open their doors at the new salon until Thursday 28th March.

Hunters are about to enter into their 10th year in business and the opportunity arose to relocate the salon to the most iconic building in great Dunmow High Street. The move has allowed Jill to create a unique environment for all of Hunters' guests to enjoy. She explained that their 5 star hairdressing service will continue and said "we welcome all of our new and existing guests to come and enjoy our new home. We use exclusive vegan and natural haircare ranges within the salon so it's only right that our surroundings compliment them."

I felt really well looked after when I came in for a blow dry on a Saturday afternoon recently. The salon looks absolutely gorgeous, with a fantastic relaxation room where you can sit when your colour is on. There is even



a bookcase of books and really comfortable looking sofas. All the staff were very friendly and down to earth. Mia washed my hair and gave me a really lovely complimentary head massage and stylist, Becky, gave me an excellent blow dry (see below). They were both chatty, bubbly and really friendly making it a lovely experience.

Hunters have brought together a team of creative and passionate employees committed to the industry and their continued education meaning they are able

to keep up with the latest

trends to make sure you get the best possible experience when you visit. From cutting and styling to all types of colouring and hairdressing for children too, all bases are covered. I would highly recommend a visit.



Hunters Hair Specialists
The Old Town Hall
1 Market Place
Gt Dunmow
CM6 1AU
01371 874619
www.hunteryhair.co.uk



The Moat House



Exceptional care in an age-exclusive village setting

Our bright, sunny day rooms, and comfortable, homely bedrooms combine effortlessly with round the clock, personcentred care for a truly unique care home.

To find more information on the care we can offer you or your loved one, please visit our website, or contact our Home Manager, Mary Joseet.

- · Residential, nursing and memory care
- · Long and short stays
- · Pretty gardens and patio area

He kind



W hc-one.co.uk

T 01371 870 192

E careline@hc-one.co.uk

A Dunmow Road, Great Easton, Essex, CM6 2DL

duck street little easton

CM6 2JE
Tel: 01371 870214
www.thestaglittleeaston.co.uk

Proprietor: Glen Miller

Food served:

12 - 2.30pm & 6 - 9pm Monday to Saturday

12 - 4pm Sundays

Food not served on Tuesdays

Bar Open: Midday - Close

Come and join us at The Stag where you will find a friendly and relaxing atmosphere and.....

Home Cooked Food

Specials Menu

Traditional Sunday Lunch

Real Ale

Selection of Fine Wines

Large Beer Garden & Car Park

Children Welcome

Dog Friendly

Camping & Caravan facilities

Regular Live Music (see website)

Upcoming Car Boots (see website)

Memorial Hall for Hire

ACER TREE SURGERY LTD

PROFESSIONAL TREE CARE

- · Specialists in Large Trees
- · Felling and Removal
- Crown Reductions and Thinning
- · Stump Grinding
- Site Clearance
- Hedge Maintenance
- · Vegetation Management
- · Tree and Hedgerow Planting
- · Seasoned Logs for Sale

16 Years Experience NPTC Qualified

All Work Carried out to BS3998 Public Liability Insurance

Council Approved Contractor

T: 01799 598084 M: 07958 184196

E: acertreesurgery@gmail.com

W: acertreesurgery.co.uk

Myers Gardens Sound Planting Advice

Does your garden need some attention? Not sure what will look good and which plants to choose?

I provide a professional service giving planting and gardening advice in a service

that is individual to your needs and reasonably priced.

For more about what I do please give me a call on 07743 700172

or have a look at my website.= www.myersgardens.co.uk





Standard Wills Lasting Powers of Attorney Inheritance Tax Advice Wealth Preservation Planning Lifetime Trusts **Funeral Protection**

Tel: 07941 069 823

Email: nwestcott@westcottwills.co.uk

Web: www.westcottwills.co.uk

Nicola Westcott, Will Writer and Non-practising solicitor



Newborn Photographer

£285 for up to 2 hours photography and 15 high resolution images with printing rights on USB

www.erinmay.co.uk







need a website?



Bubbles & Barks



Bubbles & Barks offers a convenient and reliable dog grooming service at your door!

Covering Great Dunmow & surrounding areas.

07548 299 373

info@bubblesbarks.co.uk

www.bubblesbarks.co.uk



- · Chimney certificates issued
- Free Smoke Test
- · Professional, Efficient and Friendly Service
- Fully insured
- · Member of the Guild of Master Chimney Sweeps

Find me on Facebook: "Bob the sweep'

Call 07552 238536 for an appointme

Member of the Guild of Mason Chimney Sweeps. Fully in









Heating & Plumbing Ltd www.harpersplumbing.co.uk

All plumbing, Heating & Gas Repairs Servicing & Installation **Bathroom & Waters Softener Installations** Power Flushing ~ Gas & Oil Specialists

Air & Ground Source Heat Pumps Solar Hot Water Installations

Tel: 01371819007 Mob: 07885 597063

Email: nharper114@aol.com



COMMERCIAL & RESIDENTIAL CONVEYANCING SPECIALISTS

Here at Goody Burrett in Great Dunmow we specialise in Commercial and Residential Conveyancing. We pride ourselves in being able to offer a high quality, bespoke, professional and personal service which is prompt and very efficient. Many of our former clients are happy to recommend us to their family and friends and who have been extremely pleased with the high level of service that they have received.

Meet the Team

The Partner here at the Dunmow Office is Paul Johnson a Solicitor who has extensive experience in Commercial & Residential Conveyancing and who was a former partner of Goodys. Paul also ran a successful practice PDJ Law also in Dunmow before re-joining Goody Burrett.

Gillian Pirie a Licensed Conveyancer also specialises in Residential Conveyancing and in addition had a successful conveyancing practice Chelmer Conveyancing Services also in Great Dunmow.

Joanna Maffei a Solicitor who also specialises in Commercial Conveyancing.

If you are in the process of moving, why not give us a call or send an email to the details below for a free estimate of the legal costs and other costs involved in moving home. We try to provide an estimate which is "all in" and which will show the overall cost and how it breaks down. Why not contact us, you may be pleasantly surprised!

Contact Us

Telephone: 01371 873 277
Email: <u>Dunmow@goodyburrett.co.uk</u>
Web Address: <u>www.goodyburrett.co.uk</u>

Office Address

The Chestnuts, 4 Stortford Road, Great Dunmow, Essex, CM6 1DA





Perfect Paving specialise in installing driveways, patios, paths and all types of landscaping work. We think that first impressions are really important, so having a new drive or patio installed will certainly enhance the look of your front and back garden for years to come. We can also clean and repair any sunken or dipped areas to make your driveway look like new at a fraction of the cost of a replacement. Whether it is a large contract or just a small gardening project, we can guarantee you a first class service if you come to Perfect Paving.

All Work Fully Guaranteed & Fully Insured. Free Estimates & Friendly Service.

BLOCK PAVING, IMPRINT CONCRETE, TARMACADAM, PATIO SLABS, NATURAL STONE,
GRAVELLING, FENCING, TURFING, BRICKWORK, ALL KINDS OF LANDSCAPING, RESTORATION
OF EXISTING DRIVEWAYS BY CLEANING, REPAIRING & SEALING

10% OFF WITH THIS ADVERT!

ESSEX HERTS OFFICE: 01279271 124
4 Morgan House, Dunmow Road, Takeley, Bishop's Stortford CM22 6SN
Direct: 07838 398 327 Email: info@perfect-paving.com

Dressing for RHS Chelsea by Ruth Essex, Stylist & Style Writer



RHS Chelsea Flower Show during the last week of May is the official start of the English Summer Season. In May I love the longer evenings, the flowers in bloom and the sense of joy from sunnier days.

Chelsea is a lovely event, and as I used to lecture at a horticultural college, I was lucky enough to attend on many occasions. There is plenty of Pimms to hand and lots of show gardens to admire and inspire. The smell of flowers is intoxicating, and even now the fragrance of star gazer lilies takes me straight back to wandering through the central marque. Chelsea is the sort of event where, if you are anything like me, you will enjoy your time there far more, if you dress for the occasion. A floral or print dress is an obvious choice and can be a modern sophisticated design, or as romantic as you please. Full length, knee length, floaty or fitted. All options are available. But, before you decide on any particular outfit, as a stylist, I would urge you to consider what you will be wearing on your feet.

e e

Having the right shoes can make or break your day as you will be walking around, queuing and on your feet a lot of the time. If a funky white trainer isn't for you, or you don't want to wear flat shoes, I am advocating the block heel or a wedge. And either

way, you gain that extra height that makes a dress look a little more elegant, and who wouldn't prefer their legs to looks that little bit longer and slimmer? Shoes should be integral to your outfit rather than a last-minute thought.

You can make the most of the pretty spring flower shades sandals in the shops right now and go for a begonia pink or a periwinkle blue. But one colour option you might not have considered is a metallic pair. They can be sparkly or have a more subtle sheen as you prefer. Metallic shoes have a long shelf life in that they come back each year and they can be worn throughout the rest of the summer too. I have both silver and gold options but it is my gold block heel sling backs I reach

for over and over again. They suit my warm colouring and act like a neutral with my prints or even a simple white and gold summer capsule. Even though I love shoes, and if I am honest, I do have quite a few pairs, I still like to make sure I am going to get my money's worth of wear out of them. Shoes for a single occasion feel like an extravagance to me; and I have even worn my wedding shoes several times since, and they too were a gold tone.



I am off to the Dior Exhibition at the V&A this month and I too have dressed from my feet upwards. I am currently thinking about wearing my ballerina length peach tulle skirt, and my trusty gold block heel sling backs. So, if you are lucky enough to have tickets this year to Chelsea, or any other similar event, remember to dress from your shoes upwards. Then simply enjoy yourself knowing your feet will be comfortable all day long and enjoy the lovely month of May, with your stylish shoes of comfort.

Ruth Essex, Stylist and Style Writer 07900 910 666, Ruthcrofts@btinternet.com

Picture Credits: All pictures courtesy of Pinterest.

Georgia Toffolo in pink maxi dress Chelsea 2018: https://
https://
https://i.pinimg.com/564x/0e/69640e00069b072f08b8a8fe0bc018fe.jpg
Jo Whiley in black bird dress at Chelsea 2017: vogue.co.uk https://i.pinimg.com/564x/25/70/

ea/2570ea7d6d7f03d427e0a0e9c746a801.jpg
Princess Beatrice in floral dress: townandcountrymag.com https://
i.pinimg.com/564x/16/2d/6a/162d6a66f9b5c13b1efd0c6a88d68863.jpg
Dress made of flowers: flirtyfleurs.com https://i.pinimg.com/564x/9b/97/14/9b971480251421590e93a4fc1c9818b4.jpg
Pink Floral dress and pink shoes; thelondoner.me https://i.pinimg.com/564x/97/
ae/19/97ae192ba56ac7fe54d1227bb03226d4.jpg





EDUCATION & CHILDREN'S ACTIVITY GROUPS

NURSERIES, PLAYGROUPS, PRE-SCHOOLS ETC.

Felsted Little Acorns, Felsted County Primary School, Watch House Green, Felsted, Dunmow, Essex, CM6 3FB. **07748 596266**

Ford End Pre-School, Village Hall, Main Road, Ford End, Chelmsford, Essex CM6 1LL, 07754 876330

Freedom Pre-School & Nursery, Ford Farm, Braintree Road, Great Dunmow CM6 1HU, 01371 873663

Maynard Montessori Pre-School. School House. High

Maynard Montessori Pre-School, School House, Hig St, Stebbing, Essex CM6 3SH, **01371 856995**

Merry Mornings Southgate, Northampton House, Little Easton, Dunmow, Essex, CM6 2JH, **07946 591516** Patricia Pilgrim Memorial Daycare Nursery, 1 Saling

Road, Stebbing Green, Dunmow, Essex, CM6 3TD, 01371 856594

NCT Monday Bumps, Babes and Toddlers. Dourdan Pavillion, Great Dunmow Mondays 10 to 12 www.nct.ora.uk/dunmow Victoria 07798851419

Little Learners with Creative Minds Preschool, Ricky, 01371 238007, www.llcmpreschool.co.uk

Puffin Pre-School, Foakes Hall, Stortford Road, Great Dunmow, Essex, CM6 1DG, 07712 858878

St Mary's Nursery, Church End, Dunmow, Essex, 01371 876894

Wrens Pre-School Nursery, Friends Meeting House, New Street, Great Dunmow, CM6 1BH, 07754 876330 Wiggly Worms Toddler Group, United Reformed Church, New Street, Great Dunmow. Every Thursday 10am – 12 (Term-Time only)

The Barn Nursery – Day Nursery & Kids Club, Stanbrook Thaxted, Essex, CM6 2 NJ, **01371 831262**

PRIMARY SCHOOLS

Felsted Preparatory School, (Independent) Felsted, Essex, CM6 3JL, 01371 822610

Felsted Primary School, Watch House Green, Felsted, Dunmow, Essex, CM6 3EB, **01371 820215**

Flitch Green Academy, Tanton Road, Little Dunmow, Dunmow, Essex CM6 3GG. 01371 822330

Great Dunmow Primary School, Walnut Walk, Woodlands Park Drive, Great Dunmow, Essex, CM6 1ZR, **01371 873184**

Great Easton Church of England Voluntary Aided Primary School, Great Easton, Dunmow, Essex CM6 2DR, 01371 870219

Rodings Primary School, Dunmow Road, Leaden Roding, Nr Dunmow, Essex CM6 1PZ, **01279 876288** St Mary's Primary School, High Stile, Great Dunmow, Essex, CM6 1EB, **01371 872340**

Stebbing Primary School, High Street, Stebbing, Dunmow, Essex, CM6 3SH, 01371 856260
St Margarets Preparatory School, Gosfield Hall Park, Gosfield, Halstead, Essex, CO9 1SE, 01787 472134
Thaxted Primary School, Bardfield Road, Thaxted, Dunmow, Essex, CM6 2LW, 01371 830240

SECONDARY SCHOOLS

Helena Romanes School & Sixth Form Centre, Parsonage Downs, Dunmow, Essex CM6 2AU, 01371 872560

Joyce Franklin Academy, Newport, Saffron Walden, Essex, CB11 3TR, 01799 540237

Chelmer Valley High School, Court Road, Broomfield, Chelmsford, 01245 440232

Chelmsford County High School for Girls, Broomfield Road, Chelmsford, CM1 1RW, 01245 352592#
King Edwaard VI Grammer School, Broomfield Road, Chelmsford, CM1 3SX, 01245 353510

 $\textbf{Great Baddow High School}, \, \mathsf{Duffield} \, \, \mathsf{Road}, \,$

Chelmsford, 01245 265821

Felsted School, (Independent) Felsted, Dunmow, Essex, CM6 3LL, 01371 **622600**

YOUNG PEOPLE'S AND CHILDREN'S ORGANISATIONS/ ACTIVITIES/THNGS TO DO

Cookies Cooking School, 07906 158895 Boydells Dairy Farm, Wethersfield, 01371 850481 Braintree Leisure Centre, 01376 552585 Braintree Swimming Centre, 01376 333833 Cineworld Braintree, 0871 2208000

Coconuts Play, 01371 874111

Colchester Zoo, 01206 331292

Crazy Kids Adventure Play, 01376 347547 Dunmow Maltings & Museum, 01371 878979 Great Dunmow Leisure Centre, (+ Swimming Pool) 01371 878690

Number Ten Bowling Centre, Freeport, Braintree, 01376 569069

Riverside Ice & Leisure Centre, Chelmsford, 01245 615050

Fusion Dance Company, Sam: 07506357442, Louise: 07709542087 fusiondc@live.com

Dance School, The Granary Studio, Market Place, Gt Dunmow. Ballet, Tap and Modern classes + studio for hire ages 2+, **07770634351**

Scene II Theatre School, ages 3-16, Jacky/Mikki 01371 878020

Stage Stars, Dance, drama & Arts, **01371 625996 The Arts Centre**, **01371 878020**

The Weston School of Dancing & Performing Arts, ballet, tap, jazz, musical theatre, 01245 202937 Marcelle School of Dancing, ages 2+ Ballet, Tap, Theatre Craft, Modern Jazz & Freestyle, Julie Green, 07581 580107

Dunmow Theatre Dance School, ages 3+ teaching tap, ballet, modern, jazz & theatre skills, 01371 875646 or 07969 340021

Dunmow Majorettes, age 5+, Better Baker: 01371 874454

 Π Club, Gymnastics, trampolining & cheerleading, Elise Filby, 07833 642190

The Martial Arts Centre, 01376 529122

Army Cadets, Drill Hall, Dunmow. Tues 7pm - 9pm, 01245 462302

LAMDA Speech and Drama & Drama Clubs - Allison Moor 07836644028

Dunmow Scout Group (Beavers, Cubs & Scouts), Mike Best: 01371 872290

Dunmow Scout Group

Membership co-ordinator: Jackie Martin 01371-872404



Elco Building 341 Exning Road Newmarket Suffolk CB8 OAT Tel: 01638 662955 Web: www.angligoiltanks.co.uk

Installations · Removals · Supply · Oil Pump out

Anglia Oil Tanks have been supplying and installing domestic and commercial, steel and plastic oil tanks for nearly a decade and prides itself on first class workmanship and outstanding customer care.

We hold a hazardous waste carriers licence - old tanks are taken away and disposed of at a specialist oil tank recycling Centre.



OFTEC registered 101-105e & 600a

- All work covered by warranty
- Emergency pump out service
- Plastic & steel oil tanks
- · Single skin & bunded oil tanks
- Capacities from 1000L to 20,000L
- Concrete bases/plinths & steel support frames

We will beat any realistic genuine quotation, guaranteed

Did you know?

Oil tanks must be installed by qualified fully OFTEC installer with the 600a qualification. Many plumbers don't have this and will be breaking the law if they install your oil tank-this will also leave you liable if anything goes wrong. Why take the risk? Let the professionals take care of it.



1050 single skin steel tank steel tank steel tank steel tank steel tank \$\frac{\pmathcal{2500}}{\pmathcal{2500}} \text{ single skin steel tank steel tank}\$\$

Direct Replacement
New Gauge
New Filter
New Isolation Valve
Including fuel transfer and filtering
Including disposal of old steel tank

Full Installation with 15 year manufacturer defect warranty

HALLS, CLUBS, GROUPS & ORGANISATONS

Village Halls & Studio Hire

Barnston Village Hall

Helena Romanes School Hall 01371 872560 or

lettings@hrs.education 07834 751044

Felsted Memorial Hall 07926 377343 Little Easton Memorial Hall 01371 870402.

Priors Green Community Hall 07714 783964

email: priorsgreenhall@gmail.com

Art Centre, Studio Hire 01371 878020 Linda White Stebbina Village Hall Donna 01371855859

Stebbing Village Hall Donna 013718. Stebbing Old Friends Meeting House

Angie 01371 856464

The Rowena Davey Centre (also known as the Dunmow Day Centre)
Willie Fraser 07713710476

United Reformed Church Halls, Dunmow

01371 875307

Foakes Memorial Hall, Gt Dunmow

01371 872406

Clubs

Dunmow & District Royal British Legion, 07885 979 260, 01371

Dunmow & District Dog Training Club, Lyn Hornsby,

01371870572

Dunmow Chess Club

Flitch Green Youth Club 01371 821728

The Dunmow Singers Pamela Sanders, 01371 874907 (Mon 8-9, St Mary's room)

Barnston WI Felicity Cripps, 01371 874587

Dunmow-Dourdan Twinning Association

Wendy Barron, 01371 859803

Dunmow & District Historical & Literary Society 01371 879884

01371 874033 01371 820473

Dunmow Bridge Club 01371 820473
Dunmow Disabled Club 01371 874049
(meet Rowena Davey Day Centre, 2nd Wed of each month

2.30-4.30pm)

 Braintree Flower Club
 01376 331760

 Ongar Flower Club
 01582 294694

 Dunmow Art Group
 01371 874266

Barnston Art Group Linda Series, 01371 859446 (

(Every Tuesday 9-3)

Dunmow & District Horticultural Society 01371 873319

Probus Club of Dunmow & District

07931 075978

Alzheimers Society Uttlesford Branch 01371 872519

The Royal British Legion, Felsted

01371 80847

Dunmow & District Royal British Legion

07885 979 260, 01371 4999 158

Dunmow Rotary Club 01371 873901 The Dunmow Players , Musical Theatre Company 01371 874073

Dunmow Pantomime Group

Belinda Savill, 01371 810814

Dunmow WI 01279 879428
The Greville Theatre Club 01371 873772

Inner Wheel Club of Dunmow

01371 874200 Dunmow Flitch Friendship Club, over 55s

01371 876329

013/18/6329

The Dunmow Floral Club

01371 874467

Great Dunmow Round Table,

www.greatdunmowroundtable.co.uk, info@greatdunmowroundtable.co.uk

Dunmow U3A 01371 873321

Dogs Golfing Society John Doe, 07836 634237,

www.dogsgolfingsociety.com, Email: jadoe@btconnect.com Swimming: Dunmow Atlantis & Dunmow

Masterswww.dunmowatlantis.co.uk Dunmow Tennis Club 01371 876136 Table Tennis Club 07903 473593

Dunmow Cricket Club Mathew Gibson 01371 872652, www.dunmowcricketclub.co.uk

Great Dunmow Badminton Club

Bob or Julie 01371 830924

Dunmow Football Club 07950 879510

Dunmow Rhodes Youth Football Club

lan Trendall 01371 873583 or 07866 250412

Youth Football, boys & girls age 7-16, Also adult & Vets team)
Dunmow Crests Netball Club Claire Smith 07595 949441,

Email: enquiries@dunmowcrests.co.uk

Flitch Fitness Club 01371 872272

Fusion Dance Company Sam: 07506357442, Louise: 07709542087 fusiondc@live.com

Grange Farm and Dunmow Runners

John Hardy 01371 822709 Essex Choi Kwang Do Jim Begley 07432 118511

Dunmow Kyokushinkai Karate Club

01371 872650
The Martial Arts Centre 01376 529122
Dunmow Bowling Club 01371 856756

Secretary: Linda White

Stebbing Bowls Club (outdoor bowls)

John 01371 856155

email: stebbingbowls@hotmail.co.uk
Grange Farm Fitness 01371 821298
High Roding Cricket Club 01371 875946

Friends of the Flitch Way and associated woodlands

(voluntary conservation group & charity)

wendymoss.wm@gmail.com

Keep Fit Association, Dunmow

01371 872680

Harpers Gym & Swimming Pool, Great Dunmow Leisure Centre 01371 878690

Scuba Anyone (Scuba Diving)

Bob Smith, 01371 873844, Scuba-Anyone.co.uk

Dunmow Salsa, monthly dance classes and Freestyle nights: dunmowsalsa@hotmail.com, Facebook Page: Dunmow Salsa Dunmow & District Piscatorial Society

Tim Brown, 01371 872125, (or see Tim in Staines Shoes) 01279 870678

Hatfield Forest (

Great Dunmow Town Council

01371 872406

Essex County Council 08457 430430 Uttlesford District Council 01799 510510

Community Transport (Charity) Uttlesford Community Travel

Unit One, Flitch Industrial Estate, Chelmsford Road, Gt Dunmow, Essex, CM6 1XJ 01371 875787,

E-mail: info@uttlesfordcommunitytravel.org

Action for Asperger's

www.actionforaspergers.org, Elaine Nicholson

Dunmow Scout Group

Membership co-ordinator: Jackie Martin 01371-872404 'Friendly Faces Social Spaces', a Mind in West Essex/Futures in Mind group from 10am to 12pm on Wednesdays at the United Reform Church hall in Great Dunmow.

01371 876641

Email: shuggett@mindinwestessex.org.uk
Website: www.futuresinmind.org.uk

Thaxted Centre for the Disabled, 01371 830752

www.the-trumpet.co.uk/community/thaxted-disabled-centre Essex Field Club, www.essexfieldclub.org.uk, Fiona Hutchings efcsecretary2018@gmail.com

LISTINGS OF BUSINESSES IN OUR AREA

Accountancy

AE Accounting & Tax Services,

www.aeaccountancvservices.co.uk, p.4

Acupuncture

Amy Burrell Acupuncture, 01371 820138 . 22 Julie Betts, 01371 875511, 07977 239613, p.22

Artist

Peter Jarvis, 07828 922358, p.23

Bicycle Maintenance

Doer Cycles, 07425 923797, p.22

Bowling

Dunmow Bowling Club, 07779 939166, p.7

Building Services/Maintenance/Decorating/Windows/ Conservatories/Carpentry/Glaziers/Plastering/Odd

Jobs/Bathrooms

AJM Services, 01371 874642, p.23 Bardfield Design & Build, 01371 450272, p.17

Energycare Windows, 07979 850479, p.6 Wonkey Windows, 01279 730506, p.6

Business Networking/Business Services/Business

Opportunities Pop Connect Networking, 07508 037263, p.10

Care

Chesterford Home Care, 0800 411 8640, p.7

The Moat House, 01371 870192, p.14 Children/Child Care/Children's Services/Centres

Babysitter, age 15, 07889 269849.

Chimney Sweep

Chimney Sweep, 07552 238536, p.14

Chiropodist

Elizabeth Gibson, 01371 875511 or 01376 339814, p.22

Coaching

Lisa Holton Coaching, lisa@lisaholtoncoaching.com,

Support, Systems, Success,

hello@sanchiaaronberg.com

Conveyancing

Goody Burrett, 01371 873277, p.15

Domestic Services

Clear Ovens, 01279 898996, p.6

Hills Housekeeping, 01371 852252

Education

Felsted School, 01371 822611

Carol, Tutor, 07970 881442, p.22

Electrical Services

JC Electricals, 07557 913273, p.23

Events

Thaxted Fayre, www.thaxtedfayretrust.com,

Fashion, Styling, Jewellery & Accessories

Wardrobe, 01371 879862, p.9

Funeral Director

Janet C Davies of Braintree, 01376 339300. p.23

Gardening, Tree Care, Planting Advice, Lawn Care

Acer Tree Surgery, 01799 598084, p.14 Myers Gardens, 07743 700172, p.10, 14

Health, Beauty, Nails, Hair, Massage,

Therapies.

Products

Hunters Hair Specialists, 01371 874619, p.12

Lisa Jane Harvey,01371 238113

Oils by Jo. 07770 302504, p.17

Scarlett & Stone, 01371 873079, p.5

Tori's Pure Health & Beauty, 01371 875525, p.11

Mobility

Lea Valley Mobility, 01371 873823, p.3

Osteopathy

Great Dunmow Osteopathic Clinic, 01371 87521, p.4

Pavina

Perfect Paving, 07838 398327, p.15

Personal Trainina & Fitness

Tori's Pure Health & Beauty, 01371 875525, p.11

Pet Care & Grooming

Bubbles & Barks, 07548 299373, p.14

Taylor's piece Vet. Surgery, 01371 871616, p.10, 36

Photography & Photography Workshops

Erin May, www.erinmay.co.uk, p.14

Sarah Stephens Photography, 07510 262327

Plumbing/Heating/Tiling/Oil Tanks/Kitchens/

Bathrooms/Drain Repair

Anglia Oil Tanks, 01638 662955, p.19

Give Hand Ltd, 01371 829311, p.23

Harpers Heating & Plumbing, 01371 819007, p.14 Malcolm May, Heating Engineer, 07903 828906, p.10

Restaurants/Bars/Cafes/Pubs/

The Staa, Little Easton, 01371 870214, p.13

Solicitor

Essex Family Law, karentaylor@essexfamilylaw.co.uk

Tattooist

Peter Jarvis, 07828 922358, p.23

Taylor's piece Vet. Surgery, 01371 871616, p.24

Vintage Barn

Victoria's Vintage, 07432 437289 Web Design

Activ Web Design, 01371 819002, p.14

Westcott Wills, 07941 069823, p.14





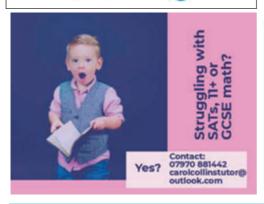
Tired of managing pain? Looking to maintain optimum health? Book a free 15 min consultation to see what acupuncture can do for you.

Great Bardfield: 07977 239613 Naturals, Great Dunmow: 01371 875511









CHIROPODIST

Elizabeth Gibson MSSCh MBChA Health Professions Council Registered

Clinic Naturals 6/7 Angel Lane, Great Dunmow

01371 875511

Saturday morning clinic available in addition to weekday sessions

Home Visits Available in Great Dunmow, Felsted, Thaxted,

Great Bardfield and surrounding Villages.

01284 827380

(Advice and further information)

Caring treatments for all ages, tailored to your individual requirements. f you are unsure as to whether chiropody is for you, please do not hesitate to enquire further. Also to put Health and Care Professions Council Registered.



Bicycle Maintenance

Doer Cycles offer a convenient bicycle collection and delivery service, working to ensure your bicycle is repaired/serviced as quickly as possible, at a time and day convenient for you.

We cater for all types of cyclist and the team at Doer Cycles are committed to providing an excellence level of customer service.

Please contact us to discuss your requirements

Tel: 07425 923797 / Info@doercycles.co.uk www.doercycles.co.uk

Printing by Warwick Printing: 01926 883355

Useful & Emergency Numbers

Doctors

Angel Lane Surgery, Great Dunmow,

01371 872122

John Tasker Hse Surgery, Gt Dunmow,

01371 872121

Felsted Surgery, Felsted,

01371 820410

Thaxted GP Surgery, 01371 830213

NHS Direct

Patient Advice & Liason Service.

West Essex

0800 783 3396

Hospitals

Broomfield Hospital, Chelmsford

01245 362000

The Princess Alexandra Hosp, Harlow

01279 444455

Vets

Taylor's Piece Vets 01371 871616 J F Moloney 01371 872102 Mercer & Hughes 01371 872836

Police

Local Police 101

Quitline (Smoking) 0800 002200 Alcoholics Anonymous 0845 7697555 National Missing Persons 0500 700700 National Rail Enquiries 08457 484950 0845 7909090 Samaritans

National Domestic Violence Helpline

0808 2000 247 Childline 0800 1111 Parentline 0808 8002222 Uttlesford Citizens Advice 01799 618840 Gas Emergency Helpline 0800 111 999 AA Emergency Breakdown 800 887766 RAC Emergency Breakdown 0800 828282 Electricity 0800 7838866 **NSPCC** 0800 800 500 **RSPCA** 08705 555999

DISCLAIMER: Although every effort is made to ensure the accuracy of material in this publication, the publisher/editor can accept no responsibility for the veracity of claims made by contributors in either editorial or advertising content.



Plumbing & Heating Services

- We guarantee a prompt and reliable service and can be contacted in an emergency 24 hours a day.
- We have provided a first class plumbing and heating service to our clients since 1979.
- We offer a full range of services complementary to plumbing and heating to enable you to get your job finished using one contractor eg electrical, tiling, drainage, small building works and decoration.
- Contact us for a free, no obligation quotation.















Do you need any jobs doing around your home?

I am able to do the jobs you hate or can't do:

Decorating, including: Painting, hanging wallpaper. Tiling, laying wooden floors or just a bit of maintenance.

I Can Help!

Please call Alex on: 07787 044826 01371 878020





Janet C. Davies DipFD MBIFD

Fern House , 72 Coggeshall Road Braintree, CM7 9BY

01376 339300

www.hunnaball.co.uk



JC ELECTRICALS

Electrical Services



Your Friendly Local Electrician

No job too small, No job too big Lights, sockets, cookers, showers etc. Fully qualified to inspect and test. Consumer Unit/Fuse Box replacement M: 07557 913273

E: john.cally2@btinternet.com www.jcelectricals.co.uk









Puppy Love & Kitten Cuddles

